



NOURISHING NEWS

IDAHO STATE DEPARTMENT OF EDUCATION CHILD NUTRITION PROGRAMS



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This publication has been sent to all:

- ☛ **School Food Service Directors**
- ☛ **School Food Service Kitchen Managers**
- ☛ **CACFP Directors/ Owners and Program Managers.**



HEALTHY MEALS FOR EVERY CHILD, EVERY DAY!

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Farms & Schools

A message from the Director

This newsletter features topics specifically on the subject of Healthy Harvest and Eat Better, Eat Together. Choosing a healthy diet can be difficult at any age. But a high variety of healthy choices available these days makes this task much easier.



With the cooperation and role modeling efforts between the school cafeteria, classroom and family members we all can learn from each other. Research from the Grocery Manufacturers Association

indicates that most Americans (73%) are buying more nutritious food than ever before. Many of us are now using less salt and sugar, eating more fresh fruits and vegetables and eating poultry and seafood more often. The increased health consciousness of Americans is responsible for this heightened concern about the nutrient content of food. Consumers are particularly interested in fat, cholesterol, fiber, salt or sodium, sugar, and vitamins and minerals. A balanced diet is the foundation for our enthusiasm for life, and it is necessary for a healthy body and general well-being. However, various food related problems have surfaced in recent times with more people skipping breakfast and

growing numbers of children being left to eat dinner alone. Overcoming these food related problems can be achieved by role modeling positive food behavior in all environments. What students observe in the cafeteria, classroom and at home are repeated. Everyone working together to improve upon food behavior will benefit all involved. Remember, when incorporating a healthy diet into our lifestyle, Idaho foods can be a big part of this process. This newsletter will give you ideas and feature products that will provide you with ideas for incorporating Idaho foods into your healthy living.

Sincerely,

Colleen Fillmore, PhD, RD, LD
Director, Child Nutrition Programs

Upcoming Events

CACFP After School Snack Training
September 19, 2007
Coeur d'Alene Idaho Falls



Save the Date: October 4&5
Several NSLP & CACFP Classes will be offered in Boise.

Serving It Safe
Classes will be offered regionally from October 9-24. For exact locations and dates be sure to check the website.

To register for one of these workshops, go to: www.sde.idaho.gov/childnutrition

Your Questions Answered

Q. Does USDA's efforts to promote Farm to School mean schools do not have to follow procurement rules?



A. No. Although the Farm-to-School initiative was developed to encourage schools to purchase fresh fruits and vegetables from small, local farmers and growers; SFAs must make all purchases in accordance with all Departmental procurement regulations and applicable laws. However, this does not preclude SFAs from identifying potential local farmers. An SFA can inform its local farmers of its interest in particular fresh fruits and vegetables so that the local farmers may plan future crop planting accordingly.

It is important to note that Farm-to-School purchases are often less than the applicable small purchase threshold. In these cases, SFAs are able to use simple, informal procedures to obtain these desirable products.

CIRCULATE TO:

- ☐ Superintendent
- ☐ Principal
- ☐ School Nurse
- ☐ Health Teacher
- ☐ Kitchen Staff



Don't Forget National School Lunch Week!

October 15-19,
2007

For great information, merchandise, menus that will bring the candidates to your school, and even how students can design their own candidates check out the SNA website:

<http://docs.schoolnutrition.org/meetingsandevents/nslw2007/nslw.asp>



Plan A Healthy Harvest Event

Ed Ducar, Director of Nutrition Services
Coeur d'Alene School District

Show your pride in Idaho's fruits and vegetables by participating in Healthy Harvest!

Get started now by generating your plan, meeting with your team, the school team/PTA, and contacting the media. Your promotion can be a one-day event or a month long promotion. Tie the kick off into events that are already happening at your schools, like back to school night.

There are great ideas and resources that can help you with your plan in the Healthy Harvest resource book.



Leah Clark from Idaho Preferred® is a great resource for Idaho foods and for ideas on how to make your event a success. The school year is upon us and the sooner you get organized the more successful your promotion of Idaho's foods will be.

Your district's participation in Healthy Harvest is valuable - the kids and their families will have fun, the message of eating Fruits and Veggies - More Matters™ will be sent, Idaho's crops will be promoted, and your team will work together. A Healthy Harvest promotion will help

reinforce the healthy food choices school nutrition programs in Idaho offer all year long. The benefits are great, so get started now! Idaho farms supply families across our state and country with fruits and vegetables for a healthy life - Be proud - Show Your Support!



Idaho Farmers' Markets

Sally Bartlett, MAOL
Coordinator

From May through December you can find great fresh produce, new cooking ideas, and other local food favorites at farmers' markets in your area. Do not be afraid to browse the rows for good buys on locally grown fruits and vegetables to add to your menu plans and stretch your food dollars. Idaho has farmers' markets in almost every corner of the state. From Buhl to Moscow, Pocatello to Nampa and everywhere in between you can find cherries and asparagus in the spring, apricots and new potatoes in the summer and a plethora of vegetables and fruit in the fall.

see vegetables straight from the farm. Children will be able to ask questions of the vendors and sometimes vendors and farmers present on their products, if given enough time to prepare before the actual visit day. Children will enjoy the smells and sights and colors.



Some farmers' markets have cooking demonstrations and recipes on the products available. This can be a fun way for you and your staff to find new ideas on how to prepare some of your favorite food items. Make sure you pick fruits and vegetables that are ripe with colors, firm to touch and without blotches or disease.

Here are some web addresses that might help you in your search for farmers' markets in your area. Visit one soon; enjoy the fresh food as well as the camaraderie of the open air market. Many farmers' markets will be having harvest festivals as the season comes to a close in the fall. Watch for ads in your local newspapers.

http://www.starchefs.com/features/farm_fresh/html/idaho.shtml

<http://www.ruralroots.org/FMD/FMDListing.asp>

<http://www.ams.usda.gov/farmersmarkets/>

<http://www.idahopreferred.com/farmersmarkets.html>



Celebrate A Healthy Harvest

Leah Clark
Idaho State Dept. of Agriculture



Fall is a great time of year! Not only is it back to school time, but it is the peak of Idaho's harvest season. Peaches, pears, nectarines, plums, watermelon, grapes and apples are ripe, juicy and delicious. Corn, tomatoes, potatoes and onions are being harvested daily. This September, celebrate the harvest with a fun and educational Healthy Harvest event at your school. Start by including – and identifying - Idaho foods on your menu. Many students

do not have the opportunity to enjoy fresh fruits at home, so introduce them to new flavors and colors with pluots, Fuji apples, white flesh peaches or purple grapes. Add an Idaho potato bar or surprise students with fresh corn on the cob. Try some new protein items like "Trout Treasures" from Clear Spring Foods in Buhl or lean and juicy franks from Falls Brand Meats in Twin Falls. And don't forget the importance of physical activity in your "Healthy Harvest" event. During physical education classes, recess or special events, try hay bale hurdles, corn husking relays or a straw bale maze. At back to school night, let families join the fun with food art, agriculture trivia contests or guess the number of: seeds in a watermelon, kernels on a corn cob, grapes in a cluster, pounds of a

giant pumpkin. To cap off your Idaho harvest celebration, raise funds for your school with the Idaho Preferred® fundraiser featuring fresh apples, potatoes, honey, pickled vegetables, barley soup and more. Sound like fun? For more ideas, information or assistance, contact the Idaho State Department of Agriculture at 208-332-8684 or email lclark@agri.idaho.gov.



Adding Idaho Foods to Your Menu

An easy way to include Idaho foods in your menus is to add them to your self-serve fruit and vegetable bars.

Try adding these **Idaho** foods to healthy bars:

Grapes	Peaches	Apples
Pears	Carrots	Peas
Pluots	Zucchini	Peppers
Nectarines	Spring Salad Mix	
Beans (kidney, garbanzo, black)		
Whole Grain Roll, Bread, or Tortilla		



Role Modeling Impacts Students

Anna Mae Florence, RD, LD
Coordinator

How were your wellness policies written? Most districts focused on the food available on campus and saw where changes could be made. Some realized that physical activity was an important component to consider and placed emphasis on it. Still other districts looked toward the staff and decided that wellness was important for everyone.

All of these have their merits, but the districts that focused on staff saw that the students responded positively to seeing their teachers, principals, secretaries, and you improving your health. Role modeling impacts students. Role modeling can be a subtle way to make a point. Research points to its effectiveness.



Ways to role model:

- Eat with the students
- Eat the school meals
- Choose healthy foods
- Walk on breaks or with students at recess
- Have a friendly staff competition to see who can walk the most steps in a day, week, or month using a pedometer. Let the students know about it and announce the winner at school.

These are just a couple of ideas. The leadership of one person can make a difference.



Meet this year's official candidates



Patty Mac
n' Cheese

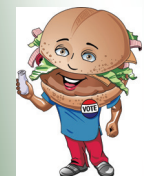
Jesse
Wrap



Pippa
Potato

Yumi Rice
Bowl

and








Biff Burger

The official voting
period is
August 1st–
October 19


Small Practical Steps Help Link Farms & Schools


Heidi Martin, RD, LD
Coordinator

There are many ways to begin linking farms and schools. You can begin building farm-school partnerships by taking one of the following small steps.

-  Celebrate Idaho Healthy Harvest Month. During this yearly event, schools throughout Idaho focus on Idaho farms, foods, and agriculture.
-  Tell produce suppliers that you prefer products from Idaho. Request varieties of foods that are commonly grown in Idaho. To locate local food: contact Leah Clark at The Idaho State Department of Agriculture's Idaho Preferred® Program at 208-332-8684.
-  Highlight foods from Idaho year round, as they appear on school menus.
-  Serve seasonally available Idaho foods at school meetings or banquets.
-  Arrange for students to visit a local farm or farmers' market. Farmers' markets can be

found at <http://www.idahopreferred.com/farmersmarkets.html> or for a list of retailers that offer Idaho foods visit <http://www.idahopreferred.com/Suppliers%20Directory/Retailer%27s%20Directory.html>.

-  Invite a farmer to visit the school and talk with students. Contact Leah Clark at Idaho Preferred® for a referral.

-  Integrate agricultural activities in all subjects. For more information visit <http://www.agclassroom.org/>.

-  Prepare and publicize a meal featuring seasonally available foods. To find out what foods are available in season visit Idaho State Department of Agriculture's Produce Chart at http://www.idahopreferred.com/Active/suppliers_directory.html.

The size and scope of your activity is up to you and your students. The sky's the limit! Be creative, develop a positive learning environment for your students, and most of all – have fun!!!



State Department of Education

Tom Luna
Superintendent of Public Instruction
650 W. State St.
P.O. Box 83720
Boise, ID 83720-0027
208-332-6800

Toll Free: 800-432-4601

For more information contact:

Anna Mae Florence RD LD at 208-332-6829

-or-

Heidi Martin RD LD at 208-332-6827

or visit www.sde.idaho.gov/child/

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Idaho State Department of Education
Child Nutrition Programs
P.O. Box 83720
Boise, Idaho 83720-0027